

MEMBER FITNESS CLASS SCHEDULE SEPTEMBER 9 - DECEMBER 14, 2019

Fee: FREE for Sports Centre members and UPEI full-time students. Non-members: \$6 + hst/class drop in
** Sports Centre day passes not accepted for fitness classes

Class descriptions provide participants with an idea of what kind of workout they can expect! Our certified instructors can provide all participants with various levels of intensity and will offer modifications and safety cues as well as be able to answer any questions before or after class. Remember, each instructor has his/her own unique style. The same class taught by a different instructor will be different but the best way to find one you are comfortable with is to try them out!

IMPORTANT – We appreciate all participants **being on time for class**. **Once the instructor begins class, the door will be closed and late arrivals will not be granted access.** ALL participants must sign in at the Panther Central Desk before class. Drop-ins are sold only on the day of class.

Sculpt n' Chisel

This class is a dynamic and multifaceted workout designed to improve your overall fitness level; including strength and flexibility. A full body workout engaging the core, legs, glutes and arms.

HIIT

This class pairs quick bouts of high-energy exercise with rest intervals. It is a highly effective workout that combines strength, cardiovascular and flexibility training.

PILATES YOGA FUSION

Combining the benefits of yoga poses and Pilates exercises with breath awareness and relaxation. Develop your core strength and stabilization, as well as increasing your joint flexibility and muscular strength. Be steady and strong, both inside and out.

Zumba®

Everybody and every body! Each Zumba® class is designed to bring people together to sweat it on by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party.

| CLASS TIME | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|-------------------|--------------------------------------|----------------------|------------------------|----------------------|--------------------------------------|----------------------|
| 10:00 – 10:45 AM | | | | | | HIIT Maria |
| 12:10 – 12:55 PM | Pilates-Yoga Fusion Karina | | HIIT Maria | | Pilates-Yoga Fusion Karina | |
| 4:30 PM – 5:15 PM | | | | | Zumba Cheryl | |
| 5:30 – 6:15 PM | Sculpt n Chisel Derek | HIIT Maria | Zumba Cheryl | HIIT Maria | | |

*class schedule subject to change

HAVE FUN. GET FIT. FEEL GREAT!

upe.ca/ar/fitnessclasses